


\*Vegetarian meal



## Lunch – January, 2018

1/1 ***** CLOSED FOR NEW YEARS DAY *****	1/2 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit	1/3 *Pizza Garden salad Fresh fruit	1/4 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit	1/5 *Beans & Rice Tossed salad Tortilla Fresh fruit
1/8 Pasta w/chicken sausage & butternut sauce Salad Fresh fruit	1/9 Broccoli Quiche Peas Whole wheat bread/butter Fresh fruit	1/10 Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	1/11 Chicken leg w/ buttermilk gravy Zucchini & yellow squash Wheat bread/butter Fresh fruit	1/12 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
1/15 ***** CLOSED FOR MLK JR. DAY *****	1/16 Chicken & tarragon w/whole wheat rotini Southwest salad Fresh fruit	1/17 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	1/18 Black bean, corn, & chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit	1/19 *Lasagna Tossed salad Fresh fruit
1/22 Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit	1/23 Chicken chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit	1/24 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	1/25 Hamburger slider Bean medley Roll Fresh fruit	1/26 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit
1/29 Turkey sloppy joe Corn & edamame Roll Fresh fruit	1/30 *Cheese melt Tomato alphabet soup Fresh fruit	1/31 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit	<p><i>Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i></p>  <p><i>Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch</i></p>	

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